

MENUS FOR APRIL 2014

Kenai
Peninsula
Borough
School

This institution is an equal opportunity provider and employer



Spring has Sprung!

v	f	r	m	d	f	r	s
b	l	o	o	m	s	p	l
u	o	w	h	j	n	b	c
t	w	f	h	w	s	s	p
t	e	g	g	s	f	h	d
e	r	a	i	n	b	o	w
r	a	d	s	r	t	w	d
f	h	g	j	q	r	e	r
l	g	h	o	l	c	r	m
y	f	j	k	r	m	s	w
z	c	h	i	c	k	s	g
s	p	r	i	n	g	g	u
v	m	r	s	t	j	l	o
r	b	u	n	n	y	w	r

flower chicks blooms
warm rainbow eggs
butterfly showers bunny



NUTRITION TO GO

A slice of our pizza is typically much healthier than a slice from a pizza shop or the supermarket. We use crust that's whole-grain rich, reduced-sodium sauce, and lowfat mozzarella cheese -- indeed, it's not a stretch to say that school pizza has been completely redesigned to be a nutritious choice for kids. Still tastes great, too!



A TASTY MORSEL FOR PARENTS

Tuesday, April 1

Pollock Hoagie

**Green Beans
KK Fries
100% Fruit Juice
Milk**

Wednesday, April 2

**Popcorn Chicken
WW Roll
Mashed Potato
w/Gravy
Corn
Whole Fruit
Lemon Berry
Swirl Juice Cup
Strawberry Cup
Milk**

Thursday, April 3

**Spaghetti with
Meat Sauce**

**Winter Mix
Banana
Chilled Peaches
Milk**

Friday, April 4

**BBQ Pulled
Chicken
Sandwich**

**Baked Beans
Chilled Pears
Juice
Milk**

Monday, April 7

Corn Pups

**KK Fries
Mandarin Orange
Pieces
100% Fruit Juice
Milk**

Tuesday, April 8

Pizza

**Apple
Tater Tots
Cinnamon
Applesauce Cup
Milk**

Wednesday, April 9

**Cheese Stick w/
Dunker Sauce**

**Banana
Broccoli
Juice
Milk**

Thursday, April 10

**Chili Con Carne
w/ Bread Stick**

**Carrots & Celery
Sticks
Chilled Pears
Frozen Orange
Berry Swirl
Milk**

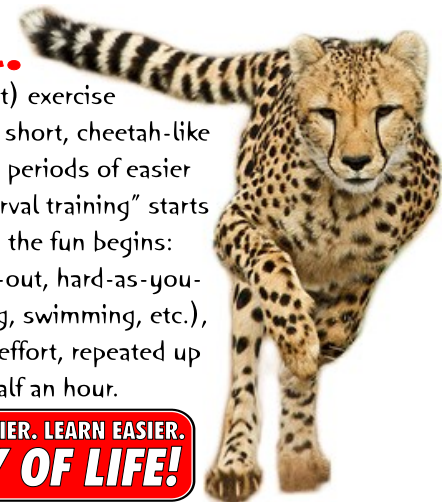
Friday, April 11

Egg Roll

**Chow Mein
Noodles
Chilled Peaches
100% Fruit Juice
Milk**

INTENSE.

The most effective (and time efficient) exercise for good cardio health is alternating short, cheetah-like bursts of intense activity with longer periods of easier effort. So-called "high intensity interval training" starts with a few minutes of warm-up, then the fun begins: 30-60 seconds of cheetah-style, all-out, hard-as-you-can-go, 100% effort (biking, running, swimming, etc.), followed by 3 or 4 minutes of 50% effort, repeated up to 5 or 6 times, for no longer than half an hour.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**



IMPORTANT NEWS FOR PARENTS: Kids are choosing -- and eating -- more fruits and veggies for lunch at school!

Over the last two school years, we've been putting more fruits and veggies on kids' plates for school lunch. You may recall seeing the **"DON'T4GET!"** campaign we're using to promote the new guidelines for our meals, which (among other changes)

require kids to take at least one -- and preferably more than one -- fruit or veggie with each day's lunch. Well, **the changes appear to be working!** A new study published in the American Journal of Preventive Medicine found that **76% of kids selected fruit for lunch** (compared to 52.7% before the change) and **41% of kids included a vegetable choice** (compared to 24.9% before). Best of all, the study found no corresponding increase in

food being thrown away, suggesting that kids are eating more of that good stuff rather than wasting it. **At our schools, we're continuing to focus on food quality to make sure even more kids eat and enjoy their fruits and veggies!**

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

DON'T4GET!



... and at least **THREE** of the five items total so your meal counts as a complete lunch!



Monday, April 14

BBQ Chicken Burgers

Baked Beans
Carrots N Dip
Mixed Fruit
Milk

Tuesday, April 15

Chicken Nuggets
with WG Rice

Chilled Pears
Applesauce
Milk

Wednesday, April 16

Garlic Roasted Fish
w/ Bread Stick

Tater Tots
Tarter Sauce
Romaine Salad
Peaches
Milk

Thursday, April 17

Chili Spud Bowl

Santa Fe
Vegetables
Grapes
100% Juice
Milk

Friday, April 18

Teriyaki Fingers
w/Chow Mein
Noodles

Winter Mix
Vegetables
Pineapple
Applesauce
Milk

Monday, April 21

Ravioli w/ Bread
Stick

Carrots w/ Ranch
Mandarin Orange
Pieces
100% Juice

Tuesday, April 22

Pollock Hoagie

Baked Beans
Orange Wedges
100% Fruit Juice
Milk

Wednesday, April 23

Beef & Bean
Burrito

Strawberry Cup
Broccoli
Sugar Cookie
Juice
Milk

Thursday, April 24

Taco, Beef &
Bean

Refried Beans
Banana
Chilled Peaches
Cups
Lettuce Tomato
Mix
Milk

Friday, April 25

Teriyaki Asian
Chicken
w/ Rice

Green Beans
Pineapple
Juice
Milk

Monday, April 28

Sliders

KK Fries
Carrots
Applesauce
Juice
Milk

Tuesday, April 29

BBQ Pork
Sandwich
w/Rice

Baked Beans
Winter Mix
100% Fruit Juice
Milk

Wednesday, April 30

Pizza

Romaine Salad
Strawberry
Applesauce Cup
100% Fruit Juice
Milk

